



## PATIENT INFORMATION

### HIV Post Exposure prophylaxis: drug information Truvada & Raltegravir

- You have been prescribed post-exposure prophylaxis (PEP) because you may have been exposed to the HIV virus. Prophylaxis means a preventative treatment.
- The treatment consists of a combination of two tablets, containing three active drugs.
- All three are antiviral drugs which are effective against the HIV virus. Used together, there is evidence that they can reduce the risk of developing HIV infection following exposure to the virus.
- The names of your medicines are:



“*Truvada*”, each tablet containing emtricitabine 200mg and tenofovir 245mg, blue capsule-shaped tablets, marked “GILEAD” and “701”



“*Raltegravir*”, each tablet is pink oval shaped tablet, marked with the numbers “227”. The active substance is Raltegravir 400mg.

You have been supplied with enough medication to last for 5 days. Arrangements will be made for you to collect the rest of your treatment to complete 28 days and attend for appropriate follow up.

#### Taking your medicines

- For this treatment to be effective, it is important that you take your medicines properly. Treatment should start as soon as possible after potential exposure to HIV.
- Read the label on your medicines. They should be taken as follows:

| Medicine           | Morning                                    | Evening   |
|--------------------|--|---|
| <b>Truvada</b>     | Take <b>one</b> tablet with your breakfast | Nil   |
| <b>Raltegravir</b> | Take <b>one</b> tablet with your breakfast | Take <b>one</b> tablet after your evening meal, ideally 12 hours after breakfast dose |

- Swallow the **Raltegravir** tablets whole with plenty of water. It is important that they are not chewed or crushed. The **Truvada** tablets can be swallowed whole or can be disintegrated in approximately 100ml of water, orange juice or grape juice and taken immediately.
- Take the medicines at the approximate times indicated even if you have not actually had a meal.
- If you forget to take a dose, take it as soon as possible and then continue as before. **Do not take a double dose.** If you have difficulty remembering to take them, use an alarm, eg on your mobile phone.
- You may drink moderate amounts of alcohol while taking these medicines (within normal recommended safe limits).

### Other medicines and medical problems

- With this treatment there is a risk of problems developing if you are taking other medication or if you have other medical problems (eg kidney or liver problems).
- You must tell your doctor about any and all medical problems you have, and about any medication you are taking, whether these are prescribed for you or bought over the counter including herbal products e.g. *St John's Wort*.
- Do not start any new medication without discussing it with your doctor first.
- Just some of the drugs that are known to interact with these medicines include: *phenytoin*, *carbamazepine* (used for treating epilepsy), *rifampicin*, (used for treating bacterial infections), phenobarbital, aluminium/magnesium based antacids, omeprazole, famotidine, orlistat, foscarnet, ganciclovir, vancomycin, amphotericin B.
- You should not breast feed while taking these medicines.

### General advice

- Do not take more than the recommended dose.
- Do not give your medicines to others.
- Keep your medicines in a cool, dark, dry place, out of the reach of children.
- If at any point during the follow up period you develop an acute illness or symptoms comprising any of the following such as sore throat, fever, rash, myalgia, fatigue, malaise or enlarged lymph nodes, representing seroconversion illness you have to inform PEP clinic. Some of these symptoms may, however, be side effects of the antiretroviral medications.

### Side effects

- The commonest side effects of the medicines are dizziness, nausea (feeling sick), diarrhoea, headache, vomiting (being sick), tiredness, weakness, and muscle aches.
- These usually settle if you keep taking the medicines as directed, but simple painkillers or tablets to prevent sickness or diarrhoea may help. Tell your doctor if the symptoms persist.
- Serious side effects are rare; they include allergic reactions, liver toxicity, pancreatic problems and reduced production of red blood cells, causing anaemia, or white blood cells, which can make you prone to infections.
- Blood tests will be taken at 2 and 4 weeks to check for blood counts and liver problems.
- Tell your doctor if you are concerned about any new symptoms.

| Common side effects  | Can be caused by     | What you should do   |
|--|----------------------|--|
| Feeling sick, stomach pains, wind, diarrhoea, digestive problems | Truvada, Raltegravir | Keep on taking the tablets with food – it often settles. Tell your doctor if it persists or becomes distressing. |
| Headache, muscle aches   | Truvada, Raltegravir | Take a simple painkiller such as paracetamol or ibuprofen (Nurofen). Tell your doctor if it persists.            |
| Difficulty sleeping, abnormal dreams, tiredness dizziness,       | Truvada, Raltegravir | Take care driving or operating machinery. It may go away. Tell your doctor if it persists.                       |
| Skin rash, itching   | Truvada, Raltegravir | Tell your doctor if it you develop a rash.   |

| Rare side effects                                       | Can be caused by     | What you should do  |
|---|----------------------|---|
| Tiredness associated with shortness of breath           | Truvada, Raltegravir | Tell your doctor – this could be due to anaemia.                |
| Fever associated with feeling unwell and other symptoms | Truvada, Raltegravir | Tell your doctor – this could be due to a low white cell count. |
| Jaundice (yellowing of the skin and eyes)               | Truvada, Raltegravir | Tell your doctor – this could be due to liver toxicity.         |

### **Pregnancy**

- The use of Truvada may be considered during pregnancy, if required. The safety of raltegravir has not been established in pregnancy so would **not** recommend its use if pregnant